

Leisure Classes

Registration for leisure classes begins Monday, June 5 for county residents and June 12 for non-county residents except where noted. There is an additional \$10 charge for non-county residents.

SITE	LOCATION/ADDRESS	CODE	DAY
CBDS	Country Bootleggers Dance Studio, 7201A George Washington Mem. Hwy, Yorktown, 898-1922	Su	Sunday
DESG	Dare Elementary School Gym, 300 Dare Road, Grafton	M	Monday
GBES	Grafton Bethel Elementary School, 410 Lakeside Drive, Grafton	Tu	Tuesday
TABB	York County Tabb Library, 100 Long Green Blvd., Tabb	W	Wednesday
TMS	Tabb Middle School, 300 Yorktown Road, Tabb	Th	Thursday
		F	Friday
		Sa	Saturday
		NR	Non-Resident

Finance

Finance classes are presented by Jack and Tana Moran who are Certified Estate Planners. Call 890-3500 to register.

Women and Investing

This seminar is appropriate for women of all ages who are interested in getting smart and comfortable with the unique financial issues women face.

Activity #	Ages	Site	Day	Time	Date	Fee	NR Fee
129021B1	Adult	TABB	Tu	6:30p-8:30p	7/11	Free	\$10

Retirement Planning

If retirement is on your mind, and especially if retirement is arriving in the next 5-7 years, this seminar will begin to open your eyes to the planning issues you will need to consider.

Activity #	Ages	Site	Day	Time	Date	Fee	NR Fee
129022D1	Adult	TABB	Th	6:30p-8:30p	7/13	Free	\$10

Long Term Care

Want to preserve your independence, maintain access to quality care, and protect your assets for your spouse and heirs? Participants will learn how to evaluate the impacts of long term care situations and prepare for them.

Activity #	Ages	Site	Day	Time	Date	Fee	NR Fee
129023B1	Adult	TABB	Tu	6:30p-8:00p	8/8	Free	\$10

College Savings Plan

As the cost of college continues to climb, planning for it is more important than ever. Parents and grandparents will learn how to get college savings started.

Activity #	Ages	Site	Day	Time	Date	Fee	NR Fee
129020D2	Adult	TABB	Th	6:30p-8:00p	8/10	Free	\$10



Jewelry

All supplies included!

Continuous Beading Workshop

If you are an advanced beader and want to learn more advanced techniques, then this 2 week workshop is for you! You will be able to create beautiful designs using basic bead weaving skills. Learn the fundamentals of this technique in the first week and begin the design and complete the bracelet in the second week.

Activity #	Ages	Site	Day	Time	Date	Fee	NR Fee
121028A1	13-Adult	TABB	Mon	6:00p-8:30p	7/17 & 7/24	\$50	\$60

Wire Wrap Pendants

Learn to use wire working techniques in gold or silver on a seashell and stone in order to create a beautiful pendant. You will make 2 pendants and both will create stunning pieces of wire arts to accent any necklace.

Activity #	Ages	Site	Day	Time	Date	Fee	NR Fee
121029A1	13-Adult	TABB	Mon	6:00p-8:30p	8/7	\$25	\$35

Fitness for all Ages

Ice Skating

This introductory program emphasizes fun and security while quickly generating confidence and skills in forward and backward skating. This is a beginner class only. Advanced levels available through IcePlex. Rental skates are provided at no additional charge. **4 weeks**



Activity #	Ages	Site	Day	Time	Date	Fee	NR Fee
109040A1	5-Adult	HRIP	M	6:00p-6:30p	7/10-7/31	\$32	\$42
109040D1	5-Adult	HRIP	Th	6:00p-6:30p	7/13-8/3	\$32	\$42
109040F1	5-Adult	HRIP	Sa	11:00a-11:30a	7/15-8/5	\$32	\$42

Adult Fitness

Aerobics

Kickboxing: This high energy aerobic workout incorporates a variety of punches and kicks to create a great total body workout.

Step: Steppers of all levels are invited to join in on this cardiovascular challenge.

Beginning Yoga: A contemporary approach to yoga for people who are looking for a non-threatening introduction to this ancient health practice. Each class is taught with modifications for different flexibility and fitness levels.

Intermediate Yoga: A flowing, balanced, total body and mind, fitness yoga workout for those participants already familiar with yoga postures. Prerequisite: One session of beginner yoga.



This flexible Aerobics Program works on a 'punch-card' system good for any classes listed on the chart below:

8 weeks

Activity #	Ages	Day*	Time	Date	Fee	NR Fee
122010A1	Adult	8 punches	*	7/10-8/31	\$20	\$30
122010A3	Adult	Unlimited	*	7/10-8/31	\$30	\$40

* See schedule below for day and times.

GRAFTON BETHEL ELEMENTARY GYM

Monday	6:00 - 7:00 pm	Beg. Yoga
Tuesday	7:00 - 8:00 pm	Step
Wednesday	6:00 - 7:00 pm 7:00 - 8:00 pm	Step Int. Yoga
Thursday	7:00 - 8:00 pm	Kickboxing



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Adult Dance

NOTE:

- ◆ **Non-county residents must register directly through Country Bootleggers Studio at 898-1922.**
- ◆ **Registration for dance classes ends June 30, 2006.**
- ◆ **Soft-soled shoes please.**



Ballroom Dancing

This fun and exciting dancing has been around for a long time. Learn such dancing favorites as the Foxtrot, Mambo, Waltz, and Tango. **8 weeks**

Activity #	Ages	Site	Day	Time	Date	Resident Fee
103040B1	Adult	CBDS	Tu	7:00p-8:00p	7/11-8/29	\$35
103040B2	Adult	CBDS	Tu	8:00p-9:00p	7/11-8/29	\$35
103040D1	Adult	CBDS	Th	7:00p-8:00p	7/13-8/31	\$35

Country 2-Step

The Country 2-Step is one of the most popular country and western dances. It's lots of fun and open to all levels. **8 weeks**

Activity #	Ages	Site	Day	Time	Date	Resident Fee
103110G1	Adult	CBDS	Su	4:30p-5:30p	7/9-8/27	\$35

East Coast Swing

It's the latest craze in partner dancing! Fast-paced, exciting. **8 weeks**

Activity #	Ages	Site	Day	Time	Date	Resident Fee
103010C1	Adult	CBDS	W	6:30p-7:30p	7/12-8/30	\$35

Salsa

An energizing dance that doesn't require a partner. **8 weeks**

Activity #	Ages	Site	Day	Time	Date	Resident Fee
103050A2	Adult	CBDS	M	6:30p-7:30p	7/10-8/28	\$35

Rumba

A popular ballroom style dance taught in a 'box step' pattern. **8 weeks**

Activity #	Ages	Site	Day	Time	Date	Resident Fee
103120G1	Adult	CBDS	Su	3:30p-4:30p	7/9-8/27	\$35

West Coast Swing

One of the popular swings in the Hampton Roads area. For Beginners. **8 weeks**

Activity #	Ages	Site	Day	Time	Date	Resident Fee
103130G1	Adult	CBDS	Su	5:30p-6:30p	7/9-8/27	\$35

Western Line Dancing

Learn the newest and hottest line dancing in town! **8 weeks**

Activity #	Ages	Site	Day	Time	Date	Resident Fee
103020A1	Adult	CBDS	M	7:30p-8:30p	7/10-8/28	\$35
103020C1	Adult	CBDS	W	7:30p-8:30p	7/12-8/30	\$35